

ABSTRACT OF THE DISCLOSURE

1 Traffic handling load on network servers is moderated by delaying POP checks at
2 proxy servers located across the network. Delay of POP check processing is accomplished
3 by intercepting each POP check packet at a proxy server that is nominally local to where
4 the user is located. The proxy server permits a given user's initial POP check to proceed
5 on through the network to the mail server. Thereafter, though, the proxy server only
6 permits that user's received POP checks to proceed onward only after interjecting a delay
7 in the POP process. Optionally, automatic messages are sent on a daily basis to a user
8 who performs abusively rapid POP checks to inform them that their POP checks are being
9 delayed and/or attenuated and educating them how to modify the configuration of their
10 mail client software.

002140-80E34500